



Professional Certificate in Working with Vaginismus

March 3 to May 26, 2021

COURSE OVERVIEW

Vaginismus is a sexual condition that makes penetration difficult or impossible for people with vaginas. This is a psychological condition usually linked to fear of pain during penetration.

This in-depth practitioner training provides you with the skill and information you need to support your clients in moving beyond this condition, so they can reclaim a sense of safety in their bodies and be able to enjoy pain-free sex.

The training is the accumulation of knowledge, expertise, personal and professional experience of Relationship Counselor and Clinical Sexologist Dr Martha Tara Lee, who has specialised in supporting clients with Vaginismus over the last 11 years. It combines sex education, sex therapy, and somatic approaches, as well as her signature Formulae so that you too can support clients to overcome Vaginismus.

LEARNING OUTCOMES

On successful completion of the training, you will be able to:

- Demonstrate an understanding of the online Sex Program “Sex Possible”
- Demonstrate competency in sex counseling skills
- Answer commonly asked questions from clients with Vaginismus
- Demonstrate competency teaching and applying Dr Lee’s formulae to overcoming Vaginismus
- Formulate a client treatment plan

COURSE REQUIREMENTS

To attain the certificate, you are required to

- Attend 11 weekly virtual training and triad practices
- Pass a verbal and a written exam
- Demonstrate competency in three recorded sessions with volunteer clients (We will support you in finding these clients)

PRE-REQUISITES

This training is for people with existing training and qualifications in working with sex, including Certified Sexological Bodyworkers, sex educators, sex counsellors, sex therapists or related helping professionals.

COURSE STRUCTURE

WEEK 1 - WHAT IS VAGINISMUS?

Welcome and Overview of training
Course Expectations & Requirements
What is Vaginismus?
Common treatments - why they work/ why they don't
PLISSIT – a model for sex education

WEEK 2 - WHERE IS THE VAGINA?

Conducting a successful intake
Principles of and difference between Coaching/
Counseling
How to locate the vagina?

WEEK 3 – WHAT IS ORGASM?

Sexual Response Cycle
Sexual Anatomy
Describing - What is an orgasm?
How do I get an orgasm?

WEEK 4 – WHAT IS THE ROLE OF MASTURBATION?

Continues coaching and counselling skills
Counseling techniques: Paraphrasing and Summarisation
How to masturbate if I don't feel like it?
How to deal with persistent dryness?

WEEK 5 – WHAT'S THE FORMULAE?

Kegels - does it make Vaginismus worse?
Down regulation, progressive muscle relaxation
Martha's Signature Formulae

WEEK 6 – WHAT TO USE FOR DILATION?

Counseling technique: Reflection of feeling
Pain vs Pleasure, Practice vs Play
What to use for dilation

WEEK 7 – HOW DO WE PROGRESS?

3 common reasons why women are afraid of penetration with their partner
3 inserting methods
6 fingering techniques

WEEK 8 – BUT I'M STUCK AT SIZE 2?

Motivation/ Affirmations/ Positive thinking
Beyond being present and relaxed
Sex positions + Angle of penetration

WEEK 9 – HOW DO WE OVERCOME RESISTANCE?

Time management/ mood setting/ communication with partner
Kegels, Advanced Kegels, Heart-Vulva connection, Anal breathing

WEEK 10 – AND MY SITUATION?

Answering commonly asked questions from people with Vaginismus
Clients with other conditions – Dyspareunia, unconsummated marriage, sexual trauma/ abuse

WEEK 11 – WHAT ABOUT MY PARTNER?

Working with the partner
Understanding couple dynamics - opposites attract, difficult to talk about sex, ego, not about giving only

WEEK 12 – EXAM WEEK

Verbal and written exam
You will submit 3 volunteer client recordings (People with Vaginismus)

SUPPLEMENTARY ONLINE TRAINING

Access to Dr Martha Lee's online training program on overcoming Vaginismus <http://www.eroscoaching.com/sex-possible/> is included. It contains 28 videos released over 28 days.

ENROLMENT PROCESS

The enrolment process includes a Zoom meeting with Martha. To be part of this important training, please send your completed enrolment form, along with 3 possible dates and times for a Zoom meeting, to:

DRMARTHALEE@EROSCOACHING.COM

PRICE

Early bird price: \$1900

The early bird price is available for full payment before January 29, 2021.

Full price: \$2200

Full payment must be made by March 1, 2021.

Prices are in Australian dollars, and include GST

There is a non-refundable deposit of \$250.00 to secure your place in the training.

REFUND POLICY

There is a non-refundable deposit of \$250 Australian dollars, which secures your place in the training. If you decide you cannot participate in the training before March 2, you will be refunded your money minus the non-refundable deposit of \$250. There is no refund if you withdraw after the training commences on March 3, 2021.

FACILITATED BY DR MARTHA LEE

Relationship Counselor and Clinical Sexologist Dr. Martha Tara Lee of Eros Coaching has been in practice for 11 years (since 2009), and her clients are predominantly people who have inhibitions around sex and sexuality – especially unconsummated marriage and Vaginismus. She estimates she has worked with at least 650 couples with Vaginismus or unconsummated marriages. For testimonials specific to clients who overcame Vaginismus, click here <http://www.eroscoaching.com/2014/12/testimonials-ladies-who-overcame-vaginismus/>

These are her credentials:

- Doctorate in Human Sexuality
- Master's in counselling
- Certificate in Sex Therapy
- Certificate in Coaching
- Certificate in Practical Counseling
- AASECT certified sexuality educator
- AASECT certified sexuality educator supervisor

For more about Martha and her work, please click here: <https://www.eroscoaching.com/profile/>

Eros Coaching is a registered AASECT continuing education provider. Details in the Appendix.

Martha welcomes people of all genders, sexualities, cultural backgrounds and relationship choices in her work.

Although trained in diversity and inclusion, the program is based on her work with cis-gendered heterosexual clients in Singapore.

APPENDIX

Eros Coaching is an AASECT CE Provider (Organizational Provider). Eros Coaching will be able to issue 1 CE point for each hour of training.

MORE ON AASECT CE PROVIDER

An AASECT CE Provider is an individual or organization, approved by AASECT and committed to providing education that meets AASECT standards for helping individuals earn or maintain AASECT Certification.

TYPES OF AASECT CE PROVIDERS

Individual Provider – An Individual Provider must be an AASECT Certified Member and must present at least 80% of the training of each event. (Note: if presenting training with a partner who is presenting more than 20% of the total material the Provider must apply to be an Organizational Provider.)

Organizational Provider I – An individual, group of individuals, private training center, school, accredited university/college, or other organization. Organizational Providers must have an AASECT Certified Member overseeing the planning of all training. The Organizational Provider I offers 40 or fewer AASECT CE credits per year and uses more than one expert to deliver the training.

Organizational Provider II – An individual, group of individuals, private training center, school, accredited university/college, or other organization. Organizational Providers must have an AASECT Certified Member overseeing the planning of all training. The Organizational Provider II offers more than 40 AASECT CE credits per year and uses more than one expert to deliver the training.

When calculating CE credits, please use the following information:

- 60 minutes = 1 CE credit; 90 minutes = 1.5 CE credits.
 - Each credit hour must have one learning objective
 - Increments of, 15 or 45 minutes are not permitted for 0.25 or 0.75 credits. For example, a segment scheduled for 1 hour 15 minutes will count as 1 credit; a segment scheduled for 1 hour 45 minutes will count as 1.5 credits.

FOR MORE INFORMATION

<https://www.aasect.org/sites/default/files/documents/AASECT%20CE%20Provider%20Expectations.pdf>